

10,000 Calorie Challenge

★ Monday ~

✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned

✱ TOTAL CALORIES BURNED =

★ Tuesday ~

✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned

✱ TOTAL CALORIES BURNED =

★ Wednesday ~

✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned

✱ TOTAL CALORIES BURNED =

★ Thursday ~

✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned

✱ TOTAL CALORIES BURNED =

★ Friday ~

✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned
✓ _____ = Calories burned

✱ TOTAL CALORIES BURNED =

PARENT SIGNED ~ _____ STUDENT SIGNED ~ _____